

The 5K Route:

Start in the Art Park near Outdoor Adventures. Head immediately out of the Art Park to Cascades Trail/ FAMU Way. Head into Cascades Park, traveling along Suwanee St. and back to the Railroad Tracks, skipping the Lake. Travel back down Cascades Trail making a right into the art park at the roundabout, and finish traveling Counterclockwise around the park.

The 1 Mile Fun Run:

The same Start/ Finish as the 5k, two laps around the park, to include an out an back Loop near the office.

